

LAKE SIDE RECREATION

ACTIVITY & PROGRAM GUIDE





DIRECTOR'S MESSAGE

Welcome to the Lakeside Community Center. As the new Supervisor, I am honored to take on this role in such a beautiful community. With so many wonderful opportunities, I look forward to meeting all the organizations and building lasting partnerships throughout the community. Did you know if you get at least 30 minutes of physical activity per day, accompanied with a healthy diet, your risk of serious health problems such as obesity, type 2 diabetes, heart disease, stroke, and even certain types of cancer are greatly diminished? The Lakeside Community Center and County of San Diego Department of Parks and Recreation are committed to helping you achieve a healthier lifestyle through our many affordable activities and programs. For more information on these programs look inside our guide for the "Live a Healthy Life...Recreate" logo. The programs and classes we offer are for all ages and include, Preschool Gymnastics, Martial Arts, Fitness Boot Camps and much more! For those interested in a site for a meeting, birthday party, or wedding, be sure to see our rental information on the back page, or call the community center to set up a tour of our beautiful facility. _

Thank you,
Ashley Westbrook
 Lakeside Community Center Supervisor

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LAKESIDE COMMUNITY CENTER

9841 Vine Street
 P.O. Box 1708
 Lakeside, CA 92040

For information and registration, please call (619) 443-9176.
REGISTRATION AND FEES DUE BY THE 10TH OF EACH MONTH.

HOURS OF OPERATION

Days *Monday – Friday*
Time *12:00 pm – 8:00 pm*
Saturday & Sunday closed for private events

HOLIDAY CLOSURES

July 3, Independence Day
September 7, Labor Day

LINDO LAKE COUNTY PARK

12660 Lindo Lane
 Lakeside, CA 92040

For park information, please call (619) 443-1666.

HOURS OF OPERATION

Days *Monday – Friday*
Time *9:30 am – Sunset*

Days *Saturday and Sunday*
Time *9:30 am – Sunset*

BOARD OF SUPERVISORS

Greg Cox, District 1
Dianne Jacob, District 2
Dave Roberts, District 3

Ron Roberts, District 4
Bill Horn, District 5

Chief Administrative Officer
Helen N. Robbins-Meyer

Department Director
Brian Albright



LIVE WELL
 SAN DIEGO

Look for the **Live Well San Diego** logo throughout the program guide for classes that have a health and wellness benefit for the participant.

SUMMER ACTIVITIES

LEGO JEDI ENGINEERING BY PLAY-WELL TEKNOLOGIES

Date July 20th – July 24th
Time 9:00 am – 12:00 pm
Ages 5 - 7 years
Fee \$149
Class Limit 11-24



Young Jedi will defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Defeat the Empire by designing and refining LEGO X-Wings, R2-units, and settlements on far-flung edges of the galaxy. Imagination and engineering combine to create motorized and architectural projects such as energy catapults, shield generators and defense turrets. Please call the office to pre-register at (619) 443-9176.

LEGO JEDI MASTER ENGINEERING BY PLAY-WELL TEKNOLOGIES

Date July 20th – July 24th
Time 1:00 pm – 4:00 pm
Ages 7 - 12 years
Class Limit 11-24



The Force is strong in this class. Build complex machines and structures based on the best designs from a galaxy far, far away. Projects include LEGO X-Wings, AT-AT walkers, Pod Racers, Star Destroyers, Cloud Cities, settlements, and fortresses. Play-Well's Jedi Instructors reinforce key engineering concepts such as gear trains, worm drives, pneumatics, eccentric motion and more as students tap into the powerful forces of imagination and engineering. Please call the office to pre-register at (619) 443-9176.



LEGO CAMP

CHILD ENRICHMENT



Sign up on our Priority Wait List* for our September Classes!

- We are a non-profit preschool.
- We provide half-day enrichment classes.
- Classes run September through June.
- We fill our openings from our Priority List.
- To be placed on the list, fill out the Priority List Form online at www.WonderandDiscovery.com. You will then be contacted regarding registration. You may also visit the Lakeside Community Center Office to fill out a Priority List Form.

Our classes are well-known for:

- Outstanding, child-centered, "Wonder and Discovery" curriculum, based on a combination of Montessori, Waldorf, Reggio and Project Based learning.
- A remarkable teacher to child ratio: 3 teachers for 12, three & four year-olds; and 3 teachers for 18, four & five year-olds.
- Experienced staff with over 75 years of combined experience teaching pre-schoolers.
- Beautifully equipped, clean and engaging classroom environments. Call for a tour to see for yourself!
- Outdoor nature experiences.
- Regular cooking experiences with an emphasis on nutrition and healthy eating.

CLASSES FOR 3 & 4 YEAR OLDS

Child must turn 3 by
December 2, 2015

Date *Tuesday & Thursday*
Time 8:30 am – 11:30 am
Fee \$178 per month*

Date *Wednesday & Friday*
Time 8:30 am – 11:30 am
Fee \$178 per month*

CLASSES FOR 4 & 5 YEAR OLDS

Child must turn 4 by
February 28, 2016

Date *Tuesday & Thursday*
Time 8:30 am – 11:30 am
Fee \$178 per month*

Date *Monday, Wednesday, & Friday*
Time 8:30 am – 11:30 am
Fee \$252 per month*

Date *Tuesday, Wednesday,
& Thursday*
Time 12:30 pm – 3:30 pm
Fee \$252 per month*

Date *Monday – Friday*
Time 8:30 am – 11:30 am
Fee \$410 per month*

**A \$50 per school year,
non-refundable registration fee
is required to secure your
child's enrollment.**

* PARTIAL SCHOLARSHIPS
AVAILABLE. ASK FOR INFORMATION.

Please call (619) 443-2696 to schedule
a tour, and for more information
check out our web site at
www.wonderanddiscovery.com.

Lic. #376700063

A Child's Center of Wonder & Discovery preschool admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarships, and loan programs, and athletic and other school-administered programs.



YOUTH PROGRAMS

**REGISTRATION AND FEES DUE
BY THE 10TH OF EACH MONTH
YOUTH PROGRAMS RUN
MONTH TO MONTH**



CLASSES BY GYM TRIX

Classes by Gym Trix include gymnastics, tumbling, basic motor skills, creative movement, and all-around fitness in a fun format that will offer your child new enthusiasm for a physically active life! Children will use mats, ropes, balls, balance beams, and other equipment. Help your child increase flexibility, fitness, coordination, self-esteem, and confidence. Please note that parents must remain outside the room during most classes.

KINDERTRIX 1



Date *Tuesdays*
Time 5:00 pm – 5:45 pm
Ages 3 – 5 years
Fee \$40/month
Class Limit 3-8

This 45-minute gymnastics class will cover elementary gymnastics skills on the floor, low balance beam, and the mini bar.

KINDERTRIX 2



Date *Tuesdays*
Time 5:45 pm – 6:30 pm
Ages 4 – 6 years
Fee \$40/month
Class Limit 3-8

This advanced level gymnastics class will progress gymnastics skills on the floor, low balance beam, and mini bar. Registration for Kindertrix 2 requires prior approval from instructor.

TUMBLING 1



Date *Tuesdays*
Time 3:30 pm – 4:15 pm
Ages 6 years & up
Fee \$40/month
Class Limit 3-8

This class will go over basic tumbling skills such as rolls, cartwheels, handstands and limbers, as well as beginning cheer skills. Please wear athletic shoes to class.

TUMBLING 2 & 3



Date *Tuesdays*
Time 4:15 pm – 5:00 pm
Ages 6 years & up
Fee \$40/month
Class Limit 3-8

This advanced level class will go over tumbling skills such as bridge kickovers, back handsprings and round off back handsprings, as well as advanced cheer skills. Please wear athletic shoes to class. Registration for Tumbling 2 & 3 requires prior approval from instructor.

MARTIAL ARTS BY GUZMAN TANG SOO DO



Date *Tuesdays*
Time 7:00 pm – 8:00 pm

Date *Wednesdays*
Time 4:00 pm – 5:30 pm

Date *Fridays*
Time 5:00 pm – 6:30 pm
Ages 6 years & up
Fee \$40 month
Class Limit 5-30

Our students build confidence and are taught respect, self-control, and how to set and achieve goals. Students are taught self-defense in blocking, deflecting energy, striking, kicking, controlling opponents, and escape tactics. Our instructors are highly qualified in proper technique, teaching, and encouraging kids in a friendly, but disciplined manner. Families are encouraged to participate together.



GYM TRIX

LITTLE DRAGONS



Date *Fridays*
Time 4:00 pm – 4:45 pm
Ages 3 – 6 years
Fee \$30 month
Class Limit 5-30

Little Dragons Martial Arts is designed to introduce children ages 3 to 6 years of age to martial arts. Children are taught to sit, pay attention and control themselves in a positive manner. Martial arts training will improve hand/eye, and footwork coordination through exercises designed specifically for their age. They will also learn the basic principles of martial arts while having fun.

* Sign up your child for 3 months, and receive a free uniform. (Must pay for all 3 months in one single transaction). Uniforms are required on 32nd day of class.

* Sign up your child and yourself for 3 months, and pay \$120 for your child, \$60 for yourself, and both receive a free uniform. (Must pay for all 3 months in one single transaction).

* Additional testing fees apply. \$50 for participants 6 years of age and older, and \$30 for participants 3 – 5 years of age.

* Schedule changes may occur to accommodate testing days. Additional fees may apply, please see instructor for details.



CLASSES BY TUMBLE WEE & DANCE

Our dance and gymnastics programs are sure to get your child moving in no time! They will develop coordination, balance, and learn age appropriate skills and techniques. Seasonal recitals will be held for all classes at the Lakeside Community Center. New students please come in 15 minutes early to register! Email the instructor for more information tumblingfortots@gmail.com.

GYMNASTICS I



Date *Mondays*
Time 3:45 pm – 4:45 pm
Ages 6 years and up
Fee \$40 month
Class Limit 3-8

This class focuses on all-around exercises on the balance beam, bars, vault, and floor. Beginning to intermediate skills will be taught in every exercise on a weekly basis. Our highly trained instructors will insure that every student is building the appropriate age level skills to move up for advancement for competitive, or high school gymnastics. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. Gymnastics leotard is required.

GYMNASTICS II



Date *Mondays*
Time 4:45 pm – 5:45 pm
Ages 6 years & up
Fee \$40 month
Class Limit 3-8

*Must have prior instructor approval

This class expands on all-around exercises on the balance beam, bars, vault, and floor. Students must meet the following requirements: handstand, cartwheel, push up to a bridge and kick over. Not having these skills will require you to first attend the Gymnastics I class. Our gymnasts will learn to obtain balance, coordination, mount, dismount, walk, jump, perform acrobatics on our balance beams, and will learn agility and speed when mounting and dismounting the vault. Gymnasts will also learn to create a floor routine with jumps, leaps, beginning ballet dance styles, as well as flips and tumbling passes. Accompanying adults must wait outside.



TUMBLE WEE AND DANCE

PRESCHOOL DANCE I



Date *Thursdays*
Time 5:00 pm – 5:45 pm
Ages 3.5 – 5 years
Fee \$40 month
Class Limit 3-8

*Must have prior instructor approval

Your young dancer is finally ready to dance on their own, and this class will teach a variety of different dance techniques. Pre-ballet, as well as tap will be taught. Simple bar exercises will also be introduced. Ballet and elastic band tap shoes, leotard, and tights must be worn to every class. No tutus. Accompanying adults must wait outside.

HIP-HOP I



Date *Thursdays*
Time 4:00 pm – 5:00 pm
Ages 5 years & up
Fee \$40 month
Class Limit 3-8

Your dancer will learn basic choreography to age appropriate music with easy to learn steps. Our instructors will break down dance skills step by step in order for your child to understand and have fun. Ballet or jazz shoes required. Accompanying adults must wait outside.

HEALTH & WELLNESS

REGISTRATION AND FEES DUE BY THE
10TH OF EACH MONTH

ZUMBA

Date *Tuesdays*
Time 12:30 pm – 1:30 pm



Date *Thursdays*
Time 6:05 pm – 7:05 pm
Ages 13 years & up
Fee \$6 when registering for the month
\$7 drop in fee

Zumba is the Latin inspired, easy to follow, calorie burning, feel it to the core, fitness party! You will get a marvelous workout and condition all muscles while having fun. Join the party!!

BOOTCAMP FUSION

Date *Monday, Wednesday, Friday*
Time 9:15 am – 10:15 am
Ages 18 years & up
Fee \$45/month
\$7 drop-in fee



A combination of intense cardio, strengthening exercises, and core stability exercises will be a part of this fast pace class. The goals of Bootcamp Fusion are to burn calories and strengthen all muscle groups in the body. Not only will this class change the participant's physical appearance, but it will also improve daily living. The atmosphere is upbeat with the assistance of energizing music. Each workout is unique which keeps the classes interesting and effective. All exercises can be changed due to anyone's limitations and all are welcomed to join.

BOOTCAMP CORE BY CONDOR FITNESS

Date *Monday – Thursday*
Time 4:30 pm – 5:30 pm
Ages 18 years & up
Fee \$35/twice a week
\$45/for three times a week
\$50/for four times a week
\$7 drop-in fee



This is a full body exercise class that incorporates circuit training to help you lose weight, tone muscle, improve athletic performance, and also build confidence. This outdoor class will use different weights, medicine balls, and other exercise equipment. This program runs month to month.

BOOTCAMP POWER BY CONDOR FITNESS

Date *Tuesdays & Thursdays*
Time 6:15 pm – 7:15 pm
Ages 18 years & up
Fee \$40 month
\$7 drop in fee



Bootcamp Fitness is a one-hour long class which combines weights, balance tools, the human body, and cardio that activates all of the major muscles groups. Exercises continuously change so that participants will improve on a regular basis, and will also keep the workout interesting. Exercises are modified so each individual will be pushed at a level that is appropriate for them, so all fitness levels are welcome.



CONDOR FITNESS

PICKLEBALL

Date *Tuesdays & Thursdays*
Time 2:00 pm – 6:00 pm
Date *Mondays*
Time 2:00 pm – 7:45 pm
Ages 18 years & up
Fee \$2 drop in fee



Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a wiffle ball), and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join us for fun, friends, and lots of laughter!

YOGA

Date *Wednesdays*
Time 9:00 am – 10:15 am
Date *Fridays*
Time 9:00 am – 10:15 am
No Yoga in July
Ages 10 years & up
Fee \$9 per class when registering for the month
 \$10 per class drop-in fee
 \$1 for yoga mat rental
 \$1 for bolster rental (for restorative poses)



A series of postures that are designed to open up the body, strengthen muscles and joints, enhance flexibility, and eliminate pain. Deepening awareness of the body through moving meditation brings balance to the mind and body, and a sense of well-being. Restorative poses may introduce upon request. Expecting mothers and new moms using carriers are welcome. Bring a mat and a smile.



PICKLEBALL

TAI CHI

LINE DANCING



Date *Mondays*
Level *Beginner Class*
(Some experience required)
Time 6:00 pm – 7:00 pm
Level *Intermediate Class*
Time 7:00 pm – 8:00 pm
Ages 12 years & up
Fee \$6 drop in fee

Line dancing is an easy way to have fun while you exercise your body and your mind. This class will focus on more than just learning dances – we will incorporate variations, choreography, learning how to know which dances to do with different songs, plus lots more. Join other dancers and learn some of the most popular line dances around.

TAI CHI



Level *Intermediate Class*
Date *Monday-Thursdays*
Time 11:00 am – 12:00 pm
Level *Beginner Class*
Date *Monday-Thursdays*
Time 12:00 pm – 1:00 pm
Ages 18 years & up
Fee Free

Tai Chi promotes health and longevity. The experience of hundreds of years has shown that practicing Tai Chi can improve one's health, reduce tension, and help with the symptoms related to a number of diseases such as high blood pressure, arthritis, asthma, stomach ailments, heart problems, and nervousness.



EXERCISE PATH

LINDO LAKE EXERCISE PATH

Date *Open Everyday*
Time *Sunrise – Sunset*
Ages 14 years & up
Fee Free



Don't have the time or resources for a gym membership? No need! Get active, be inspired and have fun at Lindo Lake County Park. The Lindo Lake exercise path has multiple exercise stations, including: stationary bikes, leg presses, lat pulls, and abdominal benches. Come enjoy the scenic nature of Lindo Lake County Park the next time you want to get a free, fun workout! Exercise path training guides are available in the Lakeside Community Center office upon request.



BEADWEAVING

LIFELONG LEARNING

BEADWEAVING 101

Date *Fridays*
Time **10:30 am – 3:00 pm**
Fee **\$15 for the first class**
(all materials provided)
Ages **18 years & up**

This class teaches the six basic stitches of beadweaving. When you've learned these stitches, you will be able to bead almost any pattern. Choose which stitches you would like to learn and join "Friday Beaders" each week. Take advantage of learning a new hobby, creating beautiful jewelry, inspiration, relaxation, and new friendships! Class size fluctuates up to 16 participants.

\$15 fee will provide all materials including a bead mat, written instructions, and beading information. You will leave class with a finished, beautiful bracelet. Thereafter, participant provides own materials. Classroom instruction and patterns are free.

Start at any time, and stay as long as you like, but please call the class instructor, Christie at (619) 933-8490 a few days prior to your first class, so that a bead kit can be prepared for you.



LAKESIDE AREA PARK PROGRAMS

LAKESIDE, THE DROUGHT AND THE GSOB, OH MY!

Date *First Sunday of the month*
Time **10:00 am**
Ages **All ages**
Fee **Free**
Location **Lindo Lake, near the Horseshoe pits**



Meet Ranger Roger to learn a little about the history of Lakeside, how the drought impacts us all and the pest that is killing our oak trees.

Programs and times are subject to change depending on the weather and ranger availability.

TRACK TRAILS AT LINDO LAKE COUNTY PARK

Date *Open Everyday*
Time **Sunrise to Sunset**
Ages **All ages**
Fee **Free**



TRACK Trails is a network of family friendly trails that encourages kids to be "un-plugged", outdoors and to reconnect with nature for the benefit of their health and the health of our parks.

The Lindo Lake TRACK Trail has a series of 4 brochure-led self-guided adventures – Nature's Hide & Seek; Birds of Lindo Lake Park; Animal Athletes; and the Need for Trees. All "adventures" are designed to turn an ordinary hike into a fun-filled adventure.

Kids can earn PRIZES for TRACKing their TRACK Trail adventures in their online nature journal on the TRACK Trails website, <http://kidsinparks.com/>.



THE SALVATION ARMY NUTRITION PROGRAM

Date *Monday – Fridays*
Time **12:00 pm – 12:50 pm**
Fee **\$4 suggested donation for seniors 60 & over or \$6 for non-seniors**

A delicious and nutritious meal offering items from all the food groups.

CRAFT TIME

Date *Every Saturday*
Time 2:00 pm – 3:00 pm
Ages All Ages
Fee \$3 Parking Fee
Location Louis A. Stelzer County Park

Remember how much fun it was to make a craft? It still is! Come meet the Ranger at Stelzer County Park and make a craft you can keep. A \$1 donation per crafter will be gratefully accepted to help cover the cost of craft supplies. Thanks!

Programs and times are subject to change depending on the weather and ranger availability.

JUNIOR RANGER

Date *Every Saturday*
Time 3:00 pm – 4:00 pm
Fee \$3 parking fee
Location Louis A. Stelzer County Park

Do you like science and nature? Rangers do too and it's never too early to start! Come meet the Ranger at Stelzer County Park and learn about various topics covering birds, geology, plants, and history of the park. We will be hiking around too so be prepared to walk or roll a little on the trail.

Programs and times are subject to change depending on the weather and ranger availability.

METEOR WATCHERS

Date *Saturday, August 8th*
Time 11:00 pm – 2:00 am
Fee Free
Location Oakoasis Preserve

Isn't it cool to see a shooting star? How about a whole bunch of them? Now's your chance! Come to the Oakoasis parking lot and meet the Ranger where we will watch for the Perseid meteor shower. Dress warmly. Bring a folding chair or cot and a sleeping bag to help you stay warm. We will keep watch from 11:00 pm to 2 am to see how many falling stars we can see.

Programs and times are subject to change depending on the weather and ranger availability.

OAKOASIS SUNDAY STROLL

Date *Every Sunday*
Time 4:00 pm – 6:00 pm
Fee Free
Location Oakoasis Preserve Trailhead



The Oakoasis hike with the Ranger is a nice and moderately challenging walking opportunity the whole family can enjoy. Bring a half gallon of water per person, sturdy shoes, a hat, sunscreen, and snacks to get you through a nice 3 mile loop that features fantastic overviews of San Vincente reservoir. Be prepared for a few hundred feet of elevation gain and loss on a dirt trail that is a little steep and slippery at some points. Meet the Ranger at the Oakoasis parking lot at 4 pm.

Programs and times are subject to change depending on the weather and ranger availability.

FAMILY CAMPOUT

Date *6/13/15, 7/18/15, 8/15/15*
Time 2:00 pm – 11:00 am
Fee \$24 per campsite.
Reservations are required.
Please call (858) 565-3600 to reserve your spot.
Location Oakoasis Preserve Campground

Oakoasis Campground is now open for family camping once a month! Bring you kids for a night of fun events! There will be a Star Party with high powered telescopes, a campfire for roasting 'mallows, and campfire songs. Rangers will also be leading a night hike to find some bats! Bring all required camping gear, warm clothes, sturdy shoes, and flashlights. No camping experience is required, and rangers will be available to help first-timers.

Programs and times are subject to change depending on the weather and ranger availability.

STAR PARTY

Date *6/13/15*
Time 8:00 pm – 11:00 pm
Date *7/18/15*
Time 8:00 pm – 11:00 pm
Date *8/15/15*
Time 7:30 pm – 10:30 pm
Fee Free
Location Oakoasis Preserve

Want an up-close view of stars and planets? Take a look through some high powered telescopes and learn the science and legends of the night sky. There will also be a campfire, s'mores, and music! It will be chilly at night, so bring a blanket and bundle up.

Programs and times are subject to change depending on the weather and ranger availability.

TOUCH TABLE SUNDAY

Date *Second Sunday of each month*
Time 10:00 am – 12:00 pm
Ages All ages
Fee \$3 Parking Fee
Location Flinn Springs, meet at the wedding gazebo

Come visit the Ranger and learn about the natural world around us. There will be a collection of items and live specimens for you to see. A table will be set up near area 2 with all kinds of specimens that the public can enjoy. Learn about the wildlife found in our area.

Please RSVP by email Patricia.Heyden@sdcountry.ca.gov or by phone at 619-561-0180.





Presented by:



Free evening movies all summer for the whole family...

2015 Summer Movies in the Park

Friday, July 31: Penguins of Madagascar Rated PG

Friday, August 21: Big Hero 6 Rated PG

Movies will begin at dusk.

Location:

Lindo Lake County Park

12660 Lindo Lane

Lakeside - 619-443-9176

This is a smoke and alcohol-free park.
Dogs on leash are welcome.

Looking for a fun, free, and fabulous family activity in your neighborhood?

Summer Movies in the Park is a perfect chance to relax and enjoy a safe and special night under the stars.

Come early and get a good seat!

Sponsored by:



Produced by:



For full series schedule and select movie trailers, visit:

www.SummerMoviesinthePark.com



REC CLUB / TEEN ACTIVITIES

LOCATION

9911 Vine Street
P.O. Box 1708
Lakeside, CA 92040



SUMMER HOURS OF OPERATION

Date Monday – Friday
Time 1:00 pm – 5:00 pm
Ages 10 – 17 years
Fee Free

*School year hours of operations will resume on September 8th.

HOLIDAY CLOSURES

July 3, Independence Day
September 7, Labor Day

The Lakeside REC Club demonstrates how the County of San Diego Department of Parks and Recreation makes a positive difference in the lives of youth. The goal of the REC Club is to provide a safe, fun, positive environment that is free of violence, drugs, prejudice, and racism. To achieve this, the club offers opportunities for middle and high school youth to grow through physical fitness, art expression, leadership roles, community service, and education activities while enhancing their self-esteem, communication skills, problem solving ability, and community involvement. The fundamental objective of the program is to succeed in life. We encourage youth to take a proactive role toward leading healthy lives free of drugs and violence. For more information, please contact Douglas Trawick, Recreation Program Coordinator, at (619) 443-4169.



REC CLUB



REC CLUB

WEEKLY ACTIVITIES

- Arts & Crafts
- Homework Assistance
- Nutrition Workshops
- Leadership Groups
- Diversity Training
- Team Building Initiatives
- Fitness Activities
- Themed Special Events
- Local Field Trips
- Community Service Projects
- Guitar, Computer, and DJ Classes
- Cooking Class
- Gardening
- Talent Shows
- High School Only Events

SUMMER TRIPS

(All dates subject to change; please call for continued updates)

- Boomers – June 23rd
- Lake Morena Camping Trip-June 27-28th
- Surf Trip – July 2nd
- Surf Trip – July 9th
- Surf Trip – July 16th
- Beach Day – July 23rd
- Urban Jungle – July 28th
- Ultra Zone – August 27

ENERGY SAVING ADVENTURES (ESA)

Day Monday – Friday
Time 3:00 pm – 5:00 pm

Energy Saving Adventures (ESA) is the new REC Club perspective of taking charge of our future through resource conservation. The daily after school program inspires and empowers youth to create change in the world around them. Through films, tournaments, experiments, and field trips, each day, teens tackle important concepts through an Energy Saving Adventure.

RECXPLORERS

RECXplorers is an outdoor adventure program which is focused on developing an appreciation for the outdoors and an ethic of environmental stewardship. Working together, ESA and RECXplorers have developed programs that culminate in what has been named Environmental Energy Education, a hybrid project of sustainability and outdoor recreation.

Multiple FREE offsite fieldtrips offered throughout the Summer!

ART CLUB

Date *Mondays*
Time **3:30 pm – 5:00 pm**

Creativity is something everyone has and the Lakeside REC CLUB wants to provide a place where teens can show that to everyone! Come join our newest club that explores the creative and artistic sides of teens by providing them with enjoyable arts and crafts, fun holiday projects and a place where friends are made. Teens will try a variety of art including: painting, drawing, sculpting, and much more! Don't miss out on all the fun!

MOVIE CLUB

Date *Wednesdays*
Time **3:30 pm – 4:30 pm**

Interested in the latest and greatest movies? Join the Movie Club! This student club meets to watch movies, view behind the scenes clips and discuss film philosophy. We also play games related to cinema and have occasional field trips. Participants are encouraged to take leadership positions to further learn responsibility and take ownership. Don't miss out on the fun!

REC \$HOP

Date *Last Day of the Month*
Time **4:00 pm – 5:00 pm**

The REC \$HOP is a new creative program that provides participants an opportunity to be rewarded for good behavior and participating in programs. Throughout the month, participants can earn fake money called "Aces" that are REC Club certified by volunteering, participating in daily activities and showing good behavior. The last day of the month we open the REC \$HOP where they can use that money to purchase donated goods from local businesses. Items typically include: toys, clothing, games and more! This program helps teach kids the value of money, and the importance of being good stewards of the REC Club.



REC CLUB

GREEN TEEN GARDEN PROGRAM



Date *Thursdays*
Time **3:00 pm – 4:00 pm**

The Green Teen Garden Program empowers teens to be effective community change agents by immersing them in the local food system. The program teaches life and work skills through hands-on experiences in gardening, health and nutrition, entrepreneurship, and leadership. Teens explore various aspects of the food system through hands on planting, upkeep and harvest of seasonal plants and vegetables. Harvested items will be used to teach culinary skills, healthy eating habits, economic savings and the importance of growing locally as a sustainable alternative.

REC CLUB SK8CREW

Date *Fridays*
Time **3:00 pm – 4:00 pm**

Come join the Lakeside REC Club Sk8crew! Andrew Barbosa, Owner of SD SkateLife, will administer the Sk8crew program. The goal of the Sk8crew is to create awareness about skateboarding, scooting, and biking in Lakeside. The group meets on Fridays to watch and create skate videos, compete in competitions, and promote safe riding techniques. Trips to local skate parks are provided for free to get teens inspired. Sk8crew is open to youth of all skill levels.

FESTIVE FRIDAYS!

Date *Once a month (call for updated information)*
Time **2:00 pm – 6:00 pm**

The Lakeside REC Club provides a monthly event, where there are activities, snacks, crafts and more! Previous Festive Friday's have included: Fear Factor, Olympics, Carnival and Video Game themes. This is a great opportunity for kids to kick start the weekend having a blast with their friends. We transform the REC Club into a party, with fun decorations and music. This program provides participants with an entertaining night that is special and unique to the creativity of the staff of the REC Club! Join us!

LAKESIDE COMMUNITY CENTER RENTALS

• WEDDINGS • BIRTHDAYS • ANNIVERSARIES • BANQUETS

For reservation information, please call
619-443-9176



Room	Square Footage	Capacity	Private Function/ Commercial Users	Non Profit Rentals	Refundable Deposit	Tables & Chairs Rental Fee
MEYER HALL (Fri, Sat)	4650	250	\$650/\$150*	\$500/\$125*	\$300	\$150
MEYER HALL (Mon-Thurs)	4650	250	\$150/hr	\$125/hr	\$150	\$100
MORENO ROOM	1638	90	\$95/hr	\$60/hr	\$100	\$75
LAKESHORE ROOM	510	30	\$23/hr	\$15/hr	n/a	n/a

*Meyer Hall – 4 hours at the first rate. Each additional hour is at the second rate. | Additional rates may apply.

*Cancellation fees may apply.



PAVILION 2



PAVILION 1

LINDO LAKE COUNTY PARK RENTALS

Lindo Lake County Park is the recreational center of the Lakeside community. With its family and group picnic areas, stage, play areas, softball field, horseshoe pits, fishing, and tennis courts, there is something for everyone. The park is also home to the local County Library and is also known for its excellent bird watching opportunities. A new fitness walk on the westernmost peninsula on the south shore of the lake features 17 physical fitness stations that present a scenic, no-cost workout for park visitors.



LINDO LAKE BOAT HOUSE

Area	Seating	BBQ	Fees	Other
PAVILION 1	100	3	*\$175/day	Full shade; restrooms & playground nearby; small stage, no electricity
PAVILION 2	50	3	*\$100/day	Full shade; restrooms & playground nearby; no electricity
BOATHOUSE	**50	n/a	\$75/hour or \$300/day	Full shade; restrooms nearby; no electricity

For reservations please call (619) 443-9176 or (858) 694-3030

*Pavilion 1 and 2 – \$5 Reservation Fee will apply

**Tables and chairs are not included.

Park rentals are for private events. If you are planning an event that is open to the public, please call (858) 694-3030

LAKESIDE COMMUNITY CENTER

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LAKESIDE COMMUNITY ACTIVITY & PROGRAM GUIDE

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Lindo Lake Park

The Lakeside Community Activity and Program Guide is published three times a year.

Copies may be downloaded from www.sdparks.org.

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